



Laurieton Lakeside
AGED CARE RESIDENCE

LAKE SIDE NEWSREEL

September 2025



Inside the September Edition ...

*Welcome	2
*Services at Lakeside.....	3
*Note from Management	4
*Month in Review	8
*Recipe of the Month	16
*Find a word.....	20



Lifestyle's team

NEWSREEL



Welcome to our September Newsreel!

Spring has arrived and aren't we all happy to see some warmer weather after the crazy wet winter we have had!

This month we have the HARS car show, with lots of restored vintage cars being brought by their members for us to see. This will be held in the morning on Thursday 4th September in the car park outside PJ and North wings. On this day we also have a special Father's Day BBQ lunch following the car show.

Later in the month we have the Camden Haven Band performing for us at our Spring Fair!

Kind regards
Michelle, Olivia, Jodi, Cam & Mel
xxx

Services Provided at Lakeside

As part of our continuous improvement program, and on the back of recent Resident/Relative feedback, the following table will now be included in our monthly newsletter for residents and representatives. This table outlines the essential services available at Lakeside and how residents can access each service.

Service	Frequency	How to Access
Hairdresser (Julie)	Weekly (Wednesdays)	Each nurse's station has a hairdressing appointment book. Please speak with a nurse and they will add the residents name to the list.
GPs (Dr Chong and Jitender – Nurse Practitioner)	Dr Chong (Tuesdays) Jitender (Thursdays)	Referrals to GPs are made by our registered staff team. Residents and representatives can also request to see their GP by speaking with registered staff. A GP referral book is kept in each nurses' station.
Podiatry (Shannan)	Every 6-8 weeks	Shannan attends Lakeside 20 times per year. Shannan has a schedule which ensures each resident is seen at least five times per year. If a resident has concerns about their feet, please speak with our registered staff team about a referral.
Audiologist (Isaac)	As required	When a resident experiences hearing difficulties, please inform our nursing team immediately. Our registered staff will refer the resident the audiologist for assessment. If a resident has an existing audiologist (not Isaac), residents can continue with their current audiologist or change to Isaac.
Speech Pathologist (Carly)	As required	Speech pathologists are called upon when residents have difficulty with communication, including speech, language and swallowing. These professionals assess, diagnose and treat these difficulties and provide strategies to our team to improve resident quality of life. Referrals to speech pathologists are made by our registered staff team. Please speak with our registered staff team if you would like to know more.
Dietician (Liam)	As required	Dieticians specialise in nutrition and managing medical conditions through dietary interventions. They also play a role in monitoring and treating unplanned weight loss. Referrals to our dietician are made by our registered staff team. Please speak with our registered staff team if you would like to know more.

A Note from Management

Facility Manager Update

Dear Residents and Representatives,

New Accreditation Standards

Last month we looked at Standard 5 – Clinical Care. This month, we explore Standard 6 – Food and Nutrition.

Standard 6: Food and Nutrition

Resident Statement: I enjoy tasty and nutritious food every day.

Worker Statement: I make sure our residents enjoy appetising and nutritious food every day.

Standard Outline

Strengthened Quality Standard 6 focuses on:

- working with residents to find out what they like to eat and drink.
- serving a choice of nutritious meals and drinks to improve the quality of life of residents receiving care.
- recognising that in many cultures, food and dining play a large role in feelings of inclusion and belonging.
- understanding the responsibility to plan and monitor the food preferences and dining experience of residents for positive health and wellbeing.



A Note from Management

Strengthened Quality Standard 6 includes key topics that can be demonstrated by:

- working with residents in care to create an enjoyable food, drink and dining experience
- monitoring and continuously improving the food and refreshment service
- developing and reviewing menus with residents and relevant health professionals
- making sure residents have choice about what, when, where and how they eat and drink
- supporting residents to access nutritious snacks and drinks at all times
- making sure there are opportunities for residents to share food and drinks with their visitors.

New Development Update

The Development Application (DA) for the new wing is with Council and we are now working through the DA approval checklist. There have been no major hurdles to date, and we hope to provide a major update on the DA progress in the October/November newsletter.

Changes to RN/EN shift times

We are currently trialling increased Registered Nurse and Enrolled Nurse (RN/EN) shift times across all times of day. The new RN/EN times are:

- AM – 6:30am to 3pm (an additional 35 minutes)
- PM – 2pm to 10:30pm (an additional 25 minutes)
- Night – 10:15pm to 7:15am (an additional 30 minutes)

These changes are aimed at providing more time for handover and greater shift overlap (additional support at shift changeover times). Changes will be trialled for 4 weeks before being ratified.

See you next month.

Tim Cummins

Facility Manager





A word from Mark

A word with Chaplain Mark

September – SPRING!!– flowers, trees shooting and all that. I am no gardener but I can still appreciate the freshness and growth of Spring. And of course we are moving into finals football! I hope your team is doing well and continues through the finals.

Jokes and wisdom for us older folks.....

Why did the farmer bury his money? To make his soil rich!

What do you call a well-dressed king of the jungle? A dandy lion!

What kind of bow can't be tied or untied? A rainbow.

What happens when you tell an egg a joke? It cracks up

"If we had no winter, the spring would not be so pleasant." – Anne Bradstreet

"Some old-fashioned things like fresh air and sunshine are hard to beat." — Laura Ingalls Wilder

"The beautiful spring came; and when nature resumes her loveliness, the human soul is apt to revive also." — Harriet Ann Jacobs


Church services for SEPTEMBER:

Anglican Monday September 1

Catholic Monday September 8

Pastoral Care Visits are planned each week and on request. If any **residents**, **relatives** or **friends** wish to have a chat, please let me know....give me a yell as I walk around, call me on ext.114, or my mobile 0410 629 850.

Don't forget..... as Chaplain, I am non-discriminatory and non-judgmental; you do not have to be 'religious' or even 'spiritual' to speak with me. I am happy to talk with you about **anything** – faith, family, memories, travels, footy, cricket, motorbikes, what makes you happy, sad, worriedanything.



A word from Mark

Self control

I was thinking the other day about the lack of self control that people showand that includes me! For me it can be things like getting impatient, even angry, in traffic; or allowing my frustrations to bubble over and speaking unkindly to people, and lots more. I thought we all probably struggle with **self control** to some degree or other, so why not write about it – perhaps this may help you...and me.

You could say self control extends to our **thoughts**, our **words**, our **actions**, and ..our **desires** – and involves **the ability to exercise restraint and moderation in each one**. As I type this I am already feeling uncomfortable! What is coming to mind for you?

A self-controlled person exhibits a great deal of willpower and personal control. They don't act impulsively and can regulate their emotions and actions effectively. I do well on this **some of the time**, but I would like that to describe me...**all (or at least most of) the time!**

Poor self control can result in making poor choices that harm ourselves, and others, and can mean we react badly when we don't get what we want, or don't get our own way.

These things can characterise a person with poor self control:

Always have to be doing something; often craving something; need continuous stimulation; become bored very easily; avoid doing hard things or mentally challenging activities; and don't listen to people. Is that me at times...Sadly Yes! Is that you?

How to deal with a lack of self control? It is not something that can be dealt thoroughly with in the space available here – people write whole books on it. So based on what I have found out from experts, here are a few suggestions to get **us** started.....

- Start by controlling our thoughts – hold on to the good, dump the bad and not so good thoughts
- Think **before** we act or speak
- Consider carefully the consequences of our actions
- Develop good routines that include doing important things
- Create some routines to help manage how we spend our time
- Ask someone to help keep us accountable
- And what I will also do is to **ask God for help**....the Bible says that self control is part of the fruit of the Spirit – that means God desires us to be self-controlled – and He is able to help us – so why not ask Him?

See you round.....Toodle-oo and God bless you

Chaplain Mark

Happy Snaps

Activities - Month in Review



CHRISTMAS IN JULY CELEBRATION



Our residents as well as families and friends joined us for a delicious Christmas in July lunch last month. Lots of smiles and laughs were had.

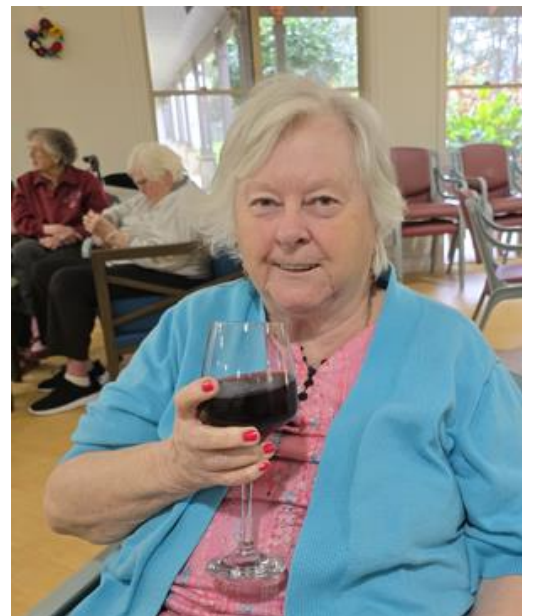


Happy Snaps

Activities - Month in Review



We had a family pet cat called Ratsak the Cat who visited with Kevin. Well behaved pets are welcome visitors at Lakeside!



Happy Snaps

Activities - Month in Review



We had a fun outing this month to the Kendall Services Club as well as the Kendall Community Op Shop. A delicious meal was had by all, then we had a little browse at the Op Shop which always has lots of interesting items to look at!

Lost & Found Retrieval Days

Activities have taken over the lost and found property. Come and have a chat with us if you or your loved one is missing some lost items.

If items are unable to be located at the time, we will be able to take down your details, details of lost items and will be able to assist in locating the lost items and keep you informed of any progress along the way.

If items are found, our team will organise re-labelling the residents items for easy identification in future.

Please ensure any items that you bring in for your loved ones are labelled or you can request labelling by Lakeside.

Where: Activities Centre



Gardening News



Spring is here again, come on down and help us clear out the weeds and trim back the herbs before everything takes off again in the warmer weather.

If you feel like a spot of gardening on a sunny day, feel free to drop into activities as we have gardening tools if you need any.

Next Scheduled Podiatrist Visit

**Monday 8th September
2025**

Reserve your place now!



Thursday



Come along and enjoy a game of Bingo with friends and Morning Tea. Bingo is held every **Thursday morning at 10:30am.**

If anyone has any spare time on Bingo Days and would like to help our residents play, please come and see Michelle or Olivia in the Activities Centre.

Our Hairdressing Salon

Our hairdresser is available weekly in our very own salon (Located next to activities).

Julie is available on Wednesday mornings for all your hairdressing needs.

Activities will hold **Beauty Therapy** once a month on the same day.



Walk ~~Rock & Roll~~ Group



Our Walk Group is held every Wednesday. We will be running these sessions at 10:30am in the morning to enjoy the morning sun. A good pair of walking shoes and a hat is a must. Meet in the activities room. For bad weather, decisions will be made on the day and communicated through our lifestyle team. Family and friends of residents are welcome to come along.



Coach Outings

We have a special Father's Day outing to the Laurieton Men's Shed on Thursday 11th September for a homemade pizza lunch made in their wood fired pizza oven! This one's for the dads so register your interest with the Lifestyle's team.

We will be continuing our weekly outings to the Laurieton United Services Club every Thursday. Some weeks we head for lunch, others for afternoon tea. Please register your interest in these outings by contacting the Lifestyles team.

Joke of the Month

How does a caterpillar swim?
It does the butterfly!

A BIG Welcome to our new Residents and families.



We welcome you to your lovely Home.
To all our new relatives the Monthly Program and Newsreels are kept in the Activities Centre.
Please come and take one. All the information you need to know is in the booklet.

Volunteer sometime?

We are looking for volunteers to assist our residents – going for walks, playing bingo, bowls, craft and just sitting for a few minutes for a chat.
If you or someone you know would like to give us a few moments of time, we would greatly appreciate it. As would our residents.

Please come and see the Lifestyles Team in the Activities Centre.

Recipe of the Month



Teriyaki chicken salad rolls

Ingredients

- 500 grams chicken tenderloins
- ¼ cup (60ml) teriyaki marinade
- 1 baguette, cut into quarters
- 8 inner baby cos lettuce leaves, trimmed
- 1 large avocado, sliced thinly
- 2 lebanese cucumbers, sliced thinly into ribbons
- 1 tbsp lemon juice
- ¼ cup mint leaves

Miso avocado spread

- 1 medium avocado (250g), chopped
- ¼ cup (75g) Japanese mayonnaise
- 3 tsp white (Shiro) miso

Method

1. Place chicken and teriyaki marinade in a medium bowl; mix to coat chicken well.

2. Heat a grill plate (or grill pan) over medium heat; line with baking paper. Cook chicken for 4 minutes on each side or until cooked through. Transfer to a plate; cover loosely with foil to keep warm, if serving straight away.

3. Make miso avocado spread. Process ingredients in a food processor until smooth; season to taste.

4. Meanwhile, split baguette pieces lengthways, without cutting all the way through. Spread bases with miso avocado spread; top with lettuce, avocado, chicken, cucumber and extra miso avocado spread. Drizzle with lemon juice; scatter with mint.

Swap it For a spicier version, use your favourite chilli sauce instead of the teriyaki marinade.



Ask about our cooking classes

Physio Update



Happy Spring from Allied Health

Spring is here, and with it comes longer days, warmer sunshine, and the perfect opportunity to enjoy movement and exercise. Our Allied Health Team is excited to see how the change in season can make physical activity more enjoyable and uplifting for everyone.

Gentle walks in the garden, group exercises, and stretching sessions become easier and more pleasant as the weather brightens. The fresh air, flowers in bloom, and sunshine not only lift our spirits but also support healthy bodies and minds.

Regular movement—no matter how big or small—can help improve strength, balance, and flexibility, while also boosting mood and energy levels. Whether it's joining our exercise groups, taking part in seated movement class, or simply strolling outdoors, every bit of activity counts.

We encourage all residents to take advantage of this lovely time of year to get moving in ways that feel comfortable and enjoyable. Our team is here to support you with safe, fun, and engaging activities tailored to your needs.

Let's make the most of spring together—stepping into better health and happiness!

Bron, Warren and Drew.

Compliments, Complaints and Feedback

We welcome your Suggestions, complaints and Compliments and regard them as opportunities for us to improve. We recognize the importance of clear processes that facilitate resolution of consumers' concerns and complaints and are committed to investigation of all issues of concern.

You or your advocate are encouraged to make a complaint or compliment to any of our managers.

You may arrange to see one of our managers in person (See reception) Email us or by telephone.

Tim Cummins – Facility Manager, fm@laurietonlakeside.com.au

02 6559 8777

Nichole Lucey – Director of Nursing, don@laurietonlakeside.com.au

02 6559 8777

Feedback, Complaint, Compliment and suggestion forms are available in the foyer and at the nurses' stations. If you are not happy with the outcome of your complaint or you would like to take it further.

You can also take your concern to

The Aged Care Quality and Safety Commission
or seek the use of an Aged Care Advocacy Service.

Below are a couple of services you may like to use as your advocate.

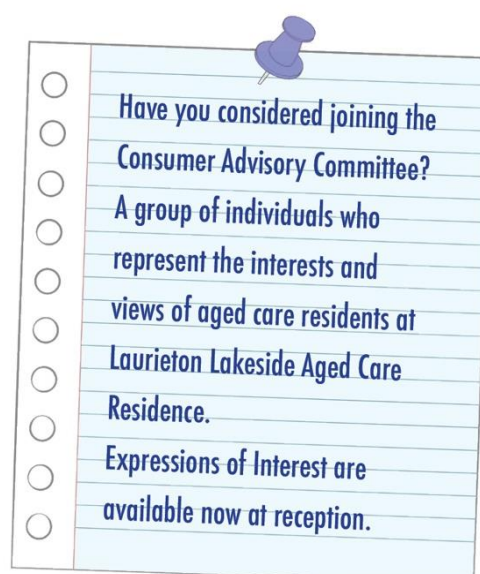
AGED CARE QUALITY AND SAFETY COMMISSION

1800 951 822

OPAN (Older Person Advocacy Network) 1800 700 600

SRS (Seniors Rights Service) 1800 424 079

NB: All complaints are strictly confidential and management will not tolerate any form of reprisal toward any consumer or their representative because of any comment or complaint, they raise.



- Have you considered joining the
- Consumer Advisory Committee?
- A group of individuals who
- represent the interests and
- views of aged care residents at
- Laurieton Lakeside Aged Care
- Residence.
- Expressions of Interest are
- available now at reception.

Fun Stuff to do



PIRATE JOKES

How do pirates know that they are pirates?

They think, therefore they ARRRR!

Why don't pirates shower before walking the plank?

Because they'll just wash up on shore!

What's a pirate's favorite letter?

You'd think it's "R," but it's the "C" they truly love!

Why couldn't the pirate learn the alphabet?

Because he always got lost at C!

How much does it cost a pirate to get his ears pierced?

A buck an ear!

What is a pirate's favorite exercise?

The plank!

What do you call a pirate who skips school?

Captain Hooky!

What did the ocean say to the pirate?

Nothing, it just waved.

Why are pirates such great singers?

They hit the high seas!

Word Search

MAN CAVE



G	F	A	V	I	Y	W	W	H	I	S	K	E	Y
B	B	R	L	K	B	O	R	Q	G	Z	T	K	X
A	G	Y	A	E	A	F	O	O	T	B	A	L	L
S	Y	Y	G	T	S	C	J	D	P	I	V	L	G
E	G	Y	E	V	E	S	S	K	A	L	E	N	D
M	W	E	R	Y	B	R	P	T	O	R	O	C	C
E	J	R	N	M	A	N	N	O	O	P	T	V	A
N	D	E	N	T	L	K	P	I	R	U	T	S	R
T	V	F	H	H	L	H	W	E	T	T	T	R	D
R	P	B	A	O	G	E	E	P	B	Y	S	U	S
K	A	O	D	C	R	B	M	L	Q	G	A	M	D
J	K	Y	K	K	V	S	Q	E	A	C	D	S	J
K	S	U	T	E	B	E	E	R	N	C	A	R	S
X	I	D	U	Y	R	T	G	S	M	C	L	U	B

Man

Hockey

Beer

Whiskey

Pool

Basement

Boy

Baseball

Ale

Rum

Poker

Den

Fraternity

Football

Stout

Cars

Cards

Gentlemen

Sports

Darts

Lager

Beer Pong

Horses

Club